

Evaluation of Pharmacodynamic effects of Ten Fracture Healing Herbs A critical review

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Traditional physicians possess experience in highly effective treatments for fractures and this invaluable knowledge seems to be fading slowly. The study aims to explore the medicinal plants used in *Kedum Bindum Chikitsa* in traditional medicine and to evaluate the pharmacodynamic actions of frequently used herbs. For this study, more than 50 formulations of *Pattu* and *Mallum* were collected from reputed traditional physicians and traditional texts. Each and every formula was arranged in Sinhala Alphabetical Order. The herbs were manually numbered according to the frequency of their appearance. Ten most frequent herbs were selected and their properties were listed. Pharmacodynamic actions of the ten most frequent herbs were analyzed. The common pharmacodynamic actions of *Madan*, *Katakala*, *Kotadimbuala*, *Ankenda*, *Magul Karanda*, *Kohomba*, *Nawahandi*, *Muvakiriya*, *Hik* and *Rukattana* are *Shothahara* (90%), *Kushtaghna*, *Vrana shotahara*, *Daha prashamana*, *Krimigna*, *Vedanahara* (50%), *Bhagnasandana*, *Vranashodana*, *Vranaropana* (40%), *Raktha sthambana* (30%). The results revealed the main pharmacodynamic actions of these herbs are similar and aim towards Anti inflammatory, Wound healing and maintenance of Skin disorders- *Twag doshahara*. Some herbs such as *kohoba* and *Rukattana* have unique qualities such as healing sinus wounds, removing pus or foreign matters etc. Due to common properties herbs can be used efficiently in different stages of the fracture healing process and also because some unique qualities of individual herbs they were used for different types of fractures.

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